



18th Annual Groton Labor Day 5K & 1 Mile Fun Run



September 7, 2015

Schedule:

7:30-8:45	Race Day Registration
9:00	1 Mile Fun Run
9:30	5K Race

Course:

The course follows village streets (2.5 miles), an old railroad bed (.5 miles), and finishes on the high school track. Some flat terrain, with a few steady inclines and declines, and one short, steep hill just before the mile.

Web address @: <http://www.usatf.org/routes/view.asp?rID=12258>

Course Records:

Male 16:06 Stephen Getman	17:03 Adam Engst ('12)/ Casey Calstrom ('06)
Female 18:46 Murphee Hayes	20:19 Charlene Lyford



Sponsoring Organization:

This race is sponsored by, and is a fund raiser for the Groton Varsity Cross Country Program. All proceeds benefit the Girls' and Boys' Cross Country Teams. Every year's proceeds have helped fund trips to other competitions and to purchase team apparel.

SITE:

**Groton High School
400 Peru Rd.
Groton, NY 13073**

Additional Applications:

Online Registration Available @

Awards:

- : Ribbons to every finisher in the 5K & Fun Run
- : Top 3 & Youngest in the Mile Fun Run
- : Plaque to top 3 male & Female in 5K
- : Plaque to top Masters male & female
- : \$25 Gift Certificate to top male & female in 5K
- : Medals to the top 3 in each age group (<15, 15-19, 20-29, 30-39, 40-49, 50-59, 60+)
- : FREE T-shirts to first 100 entries

Location:

Groton Central School
400 Peru Rd.
Groton, NY 13073

Parking & Restrooms
will be available near
registration.
Post race refreshments &
showers will be available

*****Please stay for awards*****

Entry Fees:

Pre-registered prior to Aug. 29 will be \$14 for students, \$18 for adults, & 1 mile fun run (**FREE**). Registrations after Aug. 29 (9/04 online) and race day will be \$20 for students, \$25 for adults, & 1 mile fun run (**FREE**).

***Team Discounts Available (5+ athletes...email Scott)

***Fun run competitors can purchase a T-Shirt for \$8

Send order with this application. **Quantities are limited!**

***Registrations not received by race day will be considered not sent and you will need to register on race day.

Make Checks Payable to:

Groton Sports Boosters/
Cross Country

Send Application to:

Scott Weeks, Race Coordinator
Groton Central School
400 Peru Rd.
Groton, NY 13073

QUESTIONS: Contact Scott Weeks @ School Address or sweeks@groton.cnyric.org

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Check One **1 Mile Fun Run** _____ **5K Race** _____
Check One **T-Shirt** **Sm.** _____ **Med.** _____ **Lg.** _____ **XL** _____

Name (Print Clearly): _____

Address: _____

City, State _____ Zip _____

Phone _____

Age (Race Day) _____ Gender _____

Email Address: _____

Waiver: In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims for damages which I may have against the Village of Groton, Property owners, Groton Central School and it's officials, the race, or the race organizers, agents, representatives, successors, and assignees for any and all damages which may be sustained by my competing in or travelling to or from the Groton Labor Day races. I hereby certify that I have sufficiently trained and am physically fit to compete in this event. I have hereby read the entry information provided and certify my compliance by my signature below. I also hereby give permission for the media to use my name and picture in any newspaper, broadcast, telecast, or any other account of this event with no obligation of anyone to compensate me further.

Signature _____ **Date** _____

Signature of parent or guardian (if under 18) _____